

CARA SWIM TEAM

CARA swimming is a recreational swim team for youth ages 6-18 who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Register for age group child will be on the first day of practice. Child will compete in age group of age January 1, 2017. Choose between 45 or 60 minute practices below. **CARA Pre-Requisite** - Ability to swim one length of pool freestyle with rotary breathing and backstroke without stopping or using assistance. All participants will be evaluated on the first day of practice. *No practice Nov 20-23



Centennial CARA: The Tsunamis

Practice: Sept 5-Dec 14, Tues & Thurs

Parent Meeting: Thursday, Sept 7, 6:15pm

Location: Centennial Pool, 1201 Alpine St

Meets: TBA

Age Group	Time	Code	Fee (res/non-res)
6-10 yrs	5:30-6:15pm	421112.1A	\$91/\$113.75
6-10 yrs	6:15-7pm	421112.2A	\$91/\$113.75
9-14 yrs	5:30-6:30pm	421113.1A	\$95.25/\$119
11-18 yrs	6:30-7:30pm	421114.1A	\$95.25/\$119

Longmont Recreation Center CARA: The Piranhas

Practice: Sept 6-Dec 13, Mon & Wed

Parent Meeting: Mon, Sept 11, 5pm

Location: Longmont Recreation Center 310 Quail Rd

Meets: TBA

Age	Time	Code	Fee (res/non-res)
6-10 yrs	4:15-5pm	411112.1A	\$91/\$113.75
9-14 yrs	4:15-5:15pm	411114.1A	\$95.25/\$119
	5:00-6:00pm	411114.1B	\$95.25/\$119
11-18 yrs	5:15-6:15pm	411115.1A	\$95.25/\$119

High School Prep Swimming

Pre-Requisite: Current High School students only. Dust off those cobwebs and get a head start on the high school season. Technique and building endurance are the primary focus.

14 & up: **Sept 6-Oct 25, Mon & Wed, 3:30-4:45pm**
421800.1A

Location: Centennial Pool, 1201 Alpine St

Fee: \$75 resident/ \$90 non-resident

AMERICAN RED CROSS: ADULT LEARN-TO-SWIM CLASSES

Adult 1: Learning the Basics

Overcome the fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke.

Adult 2: Improving Skills & Swimming Strokes

Improve foundational skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants work on increasing technique and endurance in front crawl and elementary backstroke, while breast-stroke and back crawl will be introduced.

All Classes are 45 minutes long and both Adult Swim classes can be tailored to goals of the participants. 18 & up

Centennial Pool			
Saturdays	Time/Date	9/9-10/21	11/4-12/16
	Fee	\$36.75/ \$46	\$36.75/ \$46
Adult 1	10:50 AM	420661.1A	420661.2A
Adult 2	10:00 AM	420662.1A	420662.2A
Sundays	Time/Date	9/10-10/22	10/29-12/17
	Fee	\$36.75/ \$46	\$42/ \$52.50
Adult 1	4:30 PM	420761.1A	420761.2A

Longmont Recreation Center			
Sundays	Time/Date	9/10-10/29	11/5-12/17
	Fee	\$42/ \$52.50	\$36.75/ \$46
Adult 1	7:40 AM	410761.1A	410761.2A
Adult 2	7:40 AM	410762.1A	410762.2A

DIVING LESSONS

Beginner: Pre-Requisite: Must be able to swim independently in the diving well. Learn fundamentals of diving including body alignment, approach, basic front and back fall dives.

Intermediate 1: Pre-requisite: Successful completion of Beginner Diving or ability to perform front and back fall dives off of the board. Solidify front dives with approach, back dives with a jump, and will work on flexibility, strength, and building diving skills.

Intermediate 2: Pre-requisite: Must be able to perform back dives with a jump, and front dives with approach. Learn somersaults and inward dives, in addition to strength conditioning.

Advanced: Pre-requisite: Must have successful completion of Intermediate Dive 2, body awareness, and willingness to try new dives. Learn reverse flips and twisting dives.

Ages: 7-18

Location: Centennial Pool; 1201 Alpine St.

Diving	Time Date	Mondays		Wednesdays	
		Ssn 1 9/11-10/16	Ssn 2* 10/23-12/11	Ssn 1 9/6-10/18	Ssn 2* 10/25-12/13
	Fee	\$36/ \$45	\$42/\$52.50	\$42/\$52.50	\$42/\$52.50
Beginner	5:30-6:15pm	421321.1	421321.2	421324.1	421324.2
Intermediate 1	6:20-7:05pm	421331.1	421331.2	421334.1	421334.2
	Fee	\$40.50/\$50.75	\$47.25/\$59	\$47.25/\$59	\$47.25/\$59
Intermediate 2/ Advanced	7:10-8:10pm	421340.1	421340.2	421344.1	421344.2

* No class 11/20 or 11/22.

Learn to Swim PROGRAMS WITH THE CITY OF LONGMONT

Our programs offer a variety of different swim lesson options for everyone from toddlers to adults (see page 16 for Adult swim lessons). Below in the colored boxes are all our lesson options you can choose from. Each program offers a unique curriculum catering to different swimmers ages, skills, and comfort levels. Unsure of what class to choose? You can set up a time to test your ability's helping you choose the right swim class to sign up for. Arrange a FREE swim test by calling, 303-774-4890 or 303-651-8408 or RecSupport@LongmontColorado.gov

Time Friendly Swim Lessons

Get all your kids in and out of swim lessons in less than an hour! Our new time friendly swim lessons are designed to offer more class options at the same time with the goal to minimize wait times between classes. Sign up for a time frame that best works with your schedule. Register for a Preschool (Turtle, Alligator, Seal) or an American Red Cross (Level 2,3,4) time slot. At the beginning of the session students are divided into appropriate classes based off of questions asked at registration. Preschool and Levels 2-4 time friendly class offerings are 35 minutes; Blast time friendly are 45 min.

Preschool Program

The Preschool Program follows the objectives of the American Red Cross Learn-to-Swim program, Levels 1-2, but further divides the skills to provide a learning environment better suited for preschoolers.

3-5 years old • Lessons are 30 min

Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

Alligator: Skill Introduction

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn to float independently on front and back for 5 seconds.

Seal: Stroke Introduction

Pre-requisite: Must be able to float independently on front & back for 5 seconds. Students will learn to swim 5 body lengths on their front without stopping and become comfortable in deep water.

Parent/Child: Aquababy & Aquatot

6 months to 3½ years old | classes are 30 min Parent and child will be coached using a variety of games and techniques individualized to maximize water comfort and introduce swimming skills. Sessions can and should be repeated.

Aquababy

6-18 months. Familiarize children between the ages of 6 months and 18 months with the water and teach swimming readiness skills.

Aquatot

18 months - 3½ yrs. Swimmers will spend increasing amounts of time with the instructor practicing bubbles, floats, walking across the pool and playing. Improve skills learned in Aquababy and work on independence in the water.

Private Swim or Dive Lessons

A limited number of instructors are available for private and semi-private instruction. Visit LongmontColorado.gov, search "private swim lessons", fill out request form to receive the Private Swim Lesson Guide. Guides are also available at recreation facilities upon request. Fees are paid at time of lesson.

Private Fee:

30 min: \$25 resident/ \$31.25 non-resident
45 min: \$35 resident/ \$43.75 non-resident

Semi-Private Fee:

30 min: \$35 resident /\$43.75 non-resident
(max. 3 students)

American Red Cross Learn-to-Swim;

The ARC learn-to-swim program is a nationally recognized program designed to teach lifelong safety, survival and swimming skills.

6 years & up • Level 1 & 2 are 30 min • Levels 3-4 are 40 min

Level 1: Introduction to Water Skills

Geared for students with little or no water comfort. Students will become comfortable submerging their entire bodies in the water and learn to float independently on their front and back.

Level 2: Fundamental Aquatic Skills

Students who can float independently will learn how to tread water and swim 5 body lengths on their front without stopping.

Level 3: Stroke Development

Students will learn rotary breathing, front crawl and elementary backstroke. Successful completion is 25 yards combined front crawl and elementary backstroke.

Level 4: Stroke Improvement

Students will learn back crawl, breaststroke, sidestroke and butterfly, while building endurance in front crawl. Successful completion is 50 yards combined front crawl and elementary backstroke, and 25 yards combined breaststroke and back crawl.

Water Explorers

2 ½ - 3 years old | Classes are 30 min

Water Explorers is designed as a transition class for children who want more independence than the Aquatot class, but are still learning how to follow instructions without mom or dad in the water.

Water Explorers is perfect if your child is ready to be in the water without you, but is too young to start the Preschool program. Class size is smaller to help foster positive experiences while in the pool without mom or dad. Your child will explore the water through songs, games, and toys with an instructor and at the same time learn how to be part of a group, understand water safety rules and how to follow directions.

Got Goggles?

Goggles are not recommended for Water Explorer, Turtle, Alligator and Level 1 classes. In order to learn proper breath control, goggles that cover the nose are not recommended.

BLAST!

Accelerated Swim Lessons

Blast, City of Longmont swim program, focuses on competitive stroke development and competency to best prepare swimmers for swim teams.

5 years & up • Beginning Blast is 40 min • Blast 1-3 are 45 min

Beginning Blast: Stroke Preparation

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn basic water skills including rhythmic breathing, floating, gliding and kicking.

Blast 1: Freestyle

Pre-requisite: Front & back float; front & back glide with flutter kick, combined freestyle arms & legs 15 yards. Students will focus on freestyle by developing good body position, stroke, flutter kick and bilateral breathing technique. Begin working on backstroke.

Blast 2: Backstroke

Pre-requisite: front & back streamline kick 15 yards; swim 25 yds freestyle w/bilateral breathing and proper kicking. Students will continue to work on freestyle technique. Focus on backstroke technique, including body roll, strong, consistent flutter kick, and stroke timing. Breaststroke kick and start dives also introduced in this level.

Blast 3: Butterfly & Breaststroke

Pre-requisite: swim 50 yds freestyle w/ proper technique, 50 yds backstroke, 25 yds breaststroke kick. Students will learn breaststroke and butterfly, focusing on stroke breakdown and timing. Continue refining freestyle & backstroke. Flip turns introduced.

Individuals with Special Needs

City of Longmont Recreation Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. If you or your child have concerns or need special accommodation to participate in lessons, please call 303-651-8408. For individuals not ready for or comfortable participating in group lessons, please see private swim lessons.

Indoor Lessons

 CENTENNIAL POOL

Monday & Wednesday Morning

* starts on Wed	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4
	Date	9/6-9/27*	10/2-10/25	10/30-11/15	11/27-12/13
	Fee	\$28/\$35	\$32/\$40	\$24/\$30	\$24/\$30
Water Explorers	9:05 AM	420014.1A	420014.2A	420014.3A	420014.4A
Turtle	9:40 AM	420021.1A	420021.2A	420021.3A	420021.4A
Alligator	10:15 AM	420022.1A	420022.2A	420022.3A	420022.4A
Seal	10:50 AM	420023.1A	420023.2A	420023.3A	420023.4A

Monday & Wednesday Evening

* starts on Wed	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4
	Date	9/6-9/27*	10/2-10/25	10/30-11/15	11/27-12/13
	Fee	\$28/\$35	\$32/\$40	\$24/\$30	\$24/\$30
Turtle	5:25 PM	420121.1A	420121.2A	420121.3A	420121.4A
	6:00 PM	420121.1B	420122.2B	420122.3B	420122.4B
Alligator	4:50 PM	420122.1A	420122.2A	420122.3A	420122.4A
	5:25 PM	420122.1B	420122.2B	420122.3B	420122.4B
Seal	6:00 PM	420123.1A	420123.2A	420123.3A	420123.4A
Level 1	4:40 PM	420131.1A	420131.2A	420131.3A	420131.4A
Level 2	4:45 PM	420132.1A	420132.2A	420132.3A	420132.4A
Level 3	5:20 PM	420133.1A	420133.2A	420133.3A	420133.4A
Level 4	6:05 PM	420134.1A	420134.2A	420134.3A	420134.4A
	Fee	\$35/\$43.75	\$40/\$50	\$30/\$37.50	\$30/\$37.50
Beginning Blast	4:40 PM	420140.1A	420140.2A	420140.3A	420140.4A
	5:15 PM	420140.1B	420140.2B	420140.3B	420140.4B
Blast 1	4:20 PM	420141.1A	420141.2A	420141.3A	420141.4A
	6:00 PM	420141.1B	420141.2B	420141.3B	420141.4B
Blast 2	5:10 PM	420142.1A	420142.2A	420142.3A	420142.4A
Blast 3	6:00 PM	420143.1A	420143.2A	420143.3A	420143.4A

End of Summer Swim Lessons

Monday-Friday Mornings

	Time	Ssn 11		Time	Ssn 11
	Date	8/7-8/11		Date	8/7-8/11
	Fee	\$20/\$25		Fee	\$25/\$31.25
Turtle	9:00am	320821.11	Beginning Blast	10:10am	320840.21
Alligator	9:35am	320822.21		11:10am	320840.22
	11:30am	320822.22	Blast 1	10:20am	320841.11
Seal	10:55am	320823.11	Blast 2	10:20am	320842.11
Level 1	9:00am	320831.11	Blast 3	11:10am	320843.11
Level 2	9:00am	320832.11			
Level 3	9:35am	320833.11			
Level 4	9:35am	320834.11			



Saturday Morning

	Time	Ssn 1	Ssn 2
	Date	9/9-10/21	11/4-12/16
	Fee	\$28/\$35	\$28/\$35
Aqua Baby/Tot	9:25 AM	420613.1A	420613.2A
Turtle	11:10 AM	420621.1A	420621.2A
Alligator	10:35 AM	420622.1A	420622.2A
Seal	10:00 AM	420623.1A	420623.2A
Level 1	10:45 AM	420631.1A	420631.2A
Level 2	11:20 AM	420632.1A	420632.2A
Level 3	10:45 AM	420633.1A	420633.2A
Level 4	10:00 AM	420634.1A	420634.2A
	Fee	\$35/\$43.75	\$35/\$43.75
Beginning Blast	10:00 AM	420640.1A	420640.2A
Blast 1	10:00 AM	420641.1A	420641.2A
Blast 2	10:50 AM	420642.1A	420642.2A
Blast 3	11:40 AM	420643.1A	420643.2A
Teen 2	11:30 AM	420652.1A	420652.2A



Sunday Evening

	Time	Ssn 1	Ssn 2
	Date	9/10-10/22	10/29-12/17
	Fee	\$28/\$35	\$32/\$40
Water Explorers	4:20 PM	420714.1A	420714.2A
Preschool A	3:00 PM	420727.1A	420727.2A
	3:40 PM	420727.1B	420727.2B
Level 1	4:20 PM	420731.1A	420731.2A
Levels 2-4	3:00 PM	420737.1A	420737.2A
	Fee	\$35/\$43.75	\$40/\$50
Beg Blst-Blast 2	3:40 PM	420747.1A	420747.2A
Blast 3	4:20 PM	420743.1A	420743.2A
Teen 1	4:30 PM	420751.1A	420751.2A
Teen 2	4:30 PM	420752.1A	420752.2A



Time Friendly Swim Lessons

See page 13 for more information.

Indoor Lessons

 LONGMONT RECREATION CENTER



TEEN LEARN-TO-SWIM CLASSES

Teen 1: Learning the Basics

Teen 1 focuses on teaching teens the basic techniques of floating, water safety and stroke development. This class offers teens an environment where they can feel comfortable learning beginner to intermediate swim techniques.

Teen 2: Endurance and Stroke Enhancement

Teen 2 focuses on providing workouts for teen swimmers who need more than just lessons. During their workouts the instructor will include technique based drills to enhance their strokes and improve proficiency in the water.

All classes are 45 minutes long and both Teen classes can be tailored to goals of the participants. Ages: 11-17

Tuesday & Thursday Morning

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4
	Date	9/5-9/28	10/3-10/26	10/31-11/16	11/28-12/14
	Fee	\$16/\$20	\$16/\$20	\$12/\$15	\$12/\$15
Aquababy-Tues	9:00AM	410211.1A	410211.2A	410211.3A	410211.4A
Aquatot-Thur	9:00AM	410212.1A	410212.2A	410212.3A	410212.4A
	Fee	\$32/\$40	\$32/\$40	\$24/\$30	\$24/\$30
Water Explorers	10:45 AM	410214.1A	410214.2A	410214.3A	410214.4A
Turtle	9:00AM	410221.1A	410221.2A	410221.3A	410221.4A
	10:10 AM	410221.1B	410221.2B	410221.3B	410221.4B
Alligator	9:35 AM	410222.1A	410222.2A	410222.3A	410222.4A
	10:10 AM	410222.1B	410222.2B	410222.3B	410222.4B
Seal	9:35 AM	410223.1A	410223.2A	410223.3A	410223.4A
	10:45 AM	410223.1B	410223.2B	410223.3B	410223.4B

Tuesday Afternoon

	Time	Ssn 1	Ssn 2
	Date	9/5-10/17	10/24-12/12
	Fee	\$28/\$35	\$28/\$35
Preschool	4:00 PM	410327.1A	410327.2A
	4:40 PM	410327.1B	410327.2B
	5:20 PM	410327.1C	410327.2C
Level 1	6:00 PM	410331.1A	410331.2A
Levels 2-4	4:00 PM	410337.1A	410337.2A
	4:40 PM	410337.1B	410337.2B
	Fee	\$35/\$43.75	\$35/\$43.75
Beg Blst-Blast 2	5:20 PM	410347.1A	410347.2A

*NO CLASS 11/21

Wednesday Afternoon

	Time	Ssn 1	Ssn 2*
	Date	9/6-10/18	10/25-12/13
	Fee	\$28/\$35	\$28/\$35
Turtle	12:00 PM	410421.1A	410421.2A
	1:45 PM	410421.1B	410421.2B
Alligator	12:35 PM	410422.1A	410422.2A
	1:10 PM	410422.1B	410422.2B
Seal	12:35 PM	410423.1A	410423.2A
	1:10 PM	410423.1B	410423.2B

*NO CLASS 11/22

Thursday Afternoon

	Time	Ssn 1	Ssn 2*
	Date	9/7-10/19	10/26-12/14
	Fee	\$28/\$35	\$28/\$35
Water Explorers	4:00 PM	410514.1A	410514.2A
Turtle	4:00 PM	410521.1A	410521.2A
	4:35 PM	410521.1B	410521.2B
	5:10 PM	410521.1C	410521.2C
Alligator	4:00 PM	410522.1A	410522.2A
	4:35 PM	410522.1B	410522.2B
	5:10 PM	410522.1C	410522.2C
Seal	4:35 PM	410523.1A	410523.2A
	5:10 PM	410523.1B	410523.2B
Level 1	4:00 PM	410531.1A	410531.2A
Level 2	5:30PM	410532.1A	410532.2A
Level 3	4:00 PM	410533.1A	410533.2A
Level 4	4:45 PM	410534.1A	410534.2A
	Fee	\$35/\$43.75	\$35/\$43.75
Beginning Blast	4:00 PM	410540.1A	410540.2A
	4:45 PM	410540.1B	410540.2B
Blast 1	5:30 PM	410541.1A	410541.2A
Blast 2	4:35 PM	410542.1A	410542.2A
Blast 3	5:25 PM	410543.1A	410543.2A

* NO CLASS 11/23

Sunday Morning

	Time	Ssn 1	Ssn 2
	Date	9/10-10/29	11/5-12/17
	Fee	\$32/\$40	\$28/\$35
Aquababy	9:20 AM	410711.1A	410711.2A
Aquatot	9:55 AM	410712.1A	410712.2A
Water Explorer	9:55 AM	410714.1A	410714.2A
	10:30 AM	410714.1B	410714.2B
Preschool	8:30 AM	410727.1A	410727.2A
	9:10 AM	410727.1B	410727.2B
	9:50 AM	410727.1C	410727.2C
	10:30 AM	410727.1D	410727.2D
Level 1	9:30 AM	410731.1A	410731.2A
Levels 2-4	8:30 AM	410737.1A	410737.2A
	9:10 AM	410737.1B	410737.2B
	9:50 AM	410737.1C	410737.2C
	Fee	\$40/\$50	\$35/\$43.75
Beg Blst-Blast 2	10:30 AM	410747.1A	410747.2A
Blast 3	10:30 AM	410743.1A	410743.2A
Teen 1	8:30 AM	410751.1A	410751.2A
Teen 2	8:30 AM	410752.1A	410752.2A

8:30am-10am is "quiet" swim lesson time at the Longmont Recreation Center, with no open swimming. Open swim will start at 10am on Sundays. Lap swim will be available.



Longmont Swim Instructor (LSI)

Become certified to teach swimming lessons for the City of Longmont! The LSI training will prepare you to teach City of Longmont's pre-school swim lessons (youth 3-5 years) and BLAST- Accelerated Swim Lesson Program (youth 5-12). Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day.

15 & up: **Oct 15, Sun, 9am-5pm & Oct 16, Mon, 11am-7pm** 421243.1

Location: Sun @Longmont Recreation Center, Mon @ Centennial Pool

15 & up: **Dec 3-6 Sun 12-4pm, Mon-Wed 3:30-7pm** 421243.2

Location: Sun & Tue @ Longmont Recreation Center, Mon & Wed @ Centennial Pool

Fee: \$25 resident/\$31.25 non-resident

Swim Instructor Aide

Pre-Requisite: Level 4 swimming ability. Enjoy working with kids? Learn how to assist instructors with swim lessons. After successful completion of class, year round volunteer opportunities are available with City of Longmont swim lessons!

11-14 yrs: **Sept 24 or Oct 22, Sun, 2-6pm** 421242

Location: Centennial Pool, 1201 Alpine St

Fee: \$20 resident/\$25 non-resident

Babysitter's Training

This course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting.

11-16 yrs: **Oct 21, Sat, 9-4pm** 421231.10

Nov 12, Sun, 9am-4pm 421231.1

Dec 21, Thurs, 9am-4pm 421231.2

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$55 resident/\$68.75 non-resident

CPR & AED

CPR & AED for adults, children and infants.

Aug 13, Sun, 11-3pm 311211.1B

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$65 resident/
\$81.25 non-resident



CPR-AED & First Aid

American Red Cross course covering CPR/AED and First Aid for Adults, Children, and Infants.

12 & up: **Oct 29 or Dec 10, Sun, 9am-3pm** 411223

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$85 resident/\$106.25 non-resident

Lifeguard-American Red Cross

Pre-Requisite: Must be 15 years old before the last day of class and be able to swim: 300 yards continuous swim of 100yds Front Crawl, 100yds Breaststroke and 100yds of Front Crawl or Breaststroke. The Pre-Requisite swim will be performed at the beginning of class on the first day.

15 & up: **Sun/Mon/Tue/Wed 9am- 5pm**

Nov 19-22 421211.1

Dec 17-20 421211.2

Location: Centennial Pool, 1201 Alpine St

Fee: \$160 resident/\$200 non-resident
\$90 Pending Employees



Swim Stroke Clinics

Geared towards swimmers comfortable in the water who are interested in specific technique, speed, and endurance training. Focus is on breaking down each stroke to maximize efficiency in the water and helping each swimmer reach his or her potential. *NO Class: 11/21, 11/23

8-18 yrs: **Sept 5-28, Tue/Thurs, 6:15-7:15pm** 426440.1

Oct 3-26, Tue/Thurs, 6:15-7:15pm 426440.2

Fee: \$90 resident/\$112.50 non-resident

8-18 yrs: **Nov 2-30*, Tue/Thurs, 6:15-7:15pm** 426440.3

Fee: \$78.75 resident/\$98.50 non-resident

8-18 yrs: **Dec 7-14, Tue/Thurs, 6:15-7:15pm** 426440.4

Fee: \$33.75 resident/\$42.25 non-resident

Drop-In Fee: \$15

Instructor: Geoff Hawsworth

Location: Longmont Rec Center, 310 Quail Rd

SCUBA- Learn to Dive

Fun and inexpensive way to become a certified Scuba diver. Learn all the necessary skills to ensure a safe and enjoyable dive. If you need to purchase gear, contact instructor: adventurescubaco@gmail.com

12 & up: **Sept 21-24 or Nov 30-Dec 3** 421900

**Thurs 7-10pm; Fri 6-10pm; Sat 8-5pm;
Sun 7am-2:30pm**

Instructor: Harrison Jenkins

Location: Centennial Pool, 1201 Alpine St

Fee: \$150 resident/\$187.50 non-resident